

Support for Families in North West Edinburgh

Winter 2020

**Free or Low-Cost Activities and Support
available during COVID-19**



Support and Information for Parents and Carers

Local Support for Parent and Carers For up to date information on the support available for Parents and Carers in any part of Edinburgh download your local leaflet at www.edinburgh.gov.uk/pacs, contact the Lifelong Learning Parent and Carer Support Team by emailing supportingparentsandcarers@edinburgh.gov.uk or text 07860 736129 and the team will call you back.
CLOSED 25th Dec- 3rd Jan.

Parenting Programmes- courses to help parents with their child or teenager's behaviour

Face-to-face courses are currently postponed however [Triple P \(3-6 years and Primary\)](#) and [Teen Triple P \(11-16years\)](#) parenting programmes are still accepting online applications. New for 2021 [Incredible Years](#) will be re-starting online, the team will also keep families informed about other types of support which may still be available. For more information visit www.joininedinburgh.org/parenting-programmes/

Solihull Online Courses for Parents the Scottish Government is funding access to Solihull online courses for parents and carers. The following courses are available free for parents/carers in Scotland:

Understanding Pregnancy, Labour, Birth and your Baby,
Understanding your Baby,
Understanding your Child
Understanding your Teenager's Brain.

To access these courses for free, families need to use the access code TARTAN.

<https://inourplace.heiapply.com/online-learning/>

Conflict Resolution Sessions Free online sessions giving parents and carers who may be struggling with conflict at home, advice and support. Conflict Resolution Session Series- Family Conflict Triggers 21st January 10.3-11.10am, Understanding Anger 4th February, time tbc. For more information and to book visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit www.scottishconflictresolution.org.uk

Keeping Well over Christmas, Health in Mind are running Wellbeing Course for anyone feeling anxious about the festive period, come along to explore ways to protect yourself over Christmas. Sessions are online on Zoom on Monday 21st December at 12.00 -1.30pm. For more info contact anna.chmiel@health-in-mind.org.uk or call 0131 225 8508 and ask for Anna

Online Depression and Anxiety Support Group Health in Mind run a friendly peer led support groups to any adults affected by depression, low mood, stress or anxiety. Different groups are available at times on Monday afternoons, Monday evenings and Tuesday evenings. For more information email edinburghselfhelp@health-in-mind.org.uk before 3pm on the day you would like to attend. Or call 0131 225 8508 and leave a message. More information at <https://www.health-in-mind.org.uk/services/depression-and-anxiety-support-groups/d101/>

Free 1:1 Counselling for Single Parents – Currently online via video call or by phone. For more info call 0131 556 3899 or email brock.lueck@opfs.org.uk

Friday Night Zoom Quiz for Single Parents - each Friday 8:30 – 10:00 pm. For more info call 07814078139 or tom.carroll@opfs.org.uk

Mental Health and Wellbeing Group for Single Parents – currently via Zoom each Wednesday 11:00 – 12:30pm. For more info call 07818301570 or email Sofia.Mouzi@opfs.org.uk

Sleep Advice Sessions run by Home Link Family Support for Edinburgh families with a child under 5 years. Parents and carers can book an online support session to speak to a trained Sleep advisor and counsellor. Contact Cat Email: catriona.p@homelinefamilysupport.org or Tel: 07594327484

Sleep Scotland Parent Support Line Guidance and support for parents and carers on their child or teenagers sleep problems or young people themselves. Mon-Thu 10am-4pm Email sleepsupport@sleepscotland.org and a sleep advisor will call you back.
<https://www.sleepscotland.org/support/sleep-counselling/sleep-support-covid-19/>

Stepping Stones provides support for children and families living in North Edinburgh. Families. Including 1:1 support, sleep support, groups, Pregnancy Café, Walking Group for new parents with a baby under 6 months. Outdoor Peep sessions run locally for parents of any age are welcome. We can offer one to one support for primary aged children who attend Granton, Forthview, Pirniehall or Craigroyston Referrals can be made to moragwilson@steppingstonesnorthedinburgh.co.uk. For more info visit www.steppingstonesnorthedinburgh.co.uk or <https://twitter.com/SSNorthEd>

GoLone Young Parents support, informal chat, and practical help with parents struggling due to Covid19, such as help with utility bills and food parcels. This is a closed group and new members welcome living within Granton, Wardieburn, Royston, Muirhouse and Pilton area. Anyone interested email julie@grantonyouth.com

Circle-Haven Project are continuing to support to families over the telephone, text, email and video calling. Circle-Haven have limited capacity but are still accepting taking referrals for the Forth neighbourhood. Tel:07703714764 email: alex.collop@circle.scot

Home-Start Edinburgh West and South West continue to offer remote support to families with at least one child under 5. We can offer 1:1 or group telephone and digital support including: baby massage, baby Peep and drop-in group sessions for families. Families can contact us directly however priority will be given to referrals from partner agencies with a focus on creating connections with and between families in specific localities. Opportunities for outdoor face-to-face meetings are continually reviewed. For more information visit <https://www.facebook.com/HomeStartEdinburghWestSouthWest>

HomeLink Family Support is delivering a service to families with children under 5 years of age over the telephone, messaging platforms and social media. This is under constant review, we will be adapting our service offer to maintain social distancing. We can offer, emotional and practical support, sleep advice, toilet training advice, play and early learning support for families living in Muirhouse, Pilton, Drylaw, Granton, Wardieburn. We are accepting referrals, please contact us on 0131 661 0890 or via secure email Lothian.homelinkfamilysupport@nhs.net

Safe Families A volunteer support service that connects with isolated families, offering services such as befriending, day and overnight hosting and practical resources for families. For more information visit <https://safefamilies.uk> or call 0131 603 8430. To make a referral please click on this link <https://refer.safefamilies.uk> and use code 94. Parents can self-refer or ask a professional to do this.

Juno Pre and Postnatal Parents Online Peer Support Sessions Zoom peer support sessions for mums who are suffering or have suffered post-natal depression. A relaxed time for people to chat and gain advice and support. Mondays 8-9pm. Fridays 1-2pm. **CLOSED until 4th January 2021** Email juno.enquiries@gmail.com at least 24hours before the sessions for the zoom link. For more information visit www.facebook.com/junopmhseedinburgh/

Lothian Breastfeeding Buddies Free and Friendly Online Drop in Groups Wednesdays and Thursdays 10.30-11.30am. Email: lothian.peers@nct.org.uk Tel: 07732690813

Edinburgh Lothians Twins and Multiples Free Antenatal Classes running online 5th and 12th Jan 7.30-9.30pm. Email antenatal@edinburghtwins.org

Free Cooking & Conversation Sessions for Single Parents Run by One Parent Family Scotland via Zoom each Wednesday 10:30am-12:30 pm. For more info call 07814078139 or email tom.carroll@opfs.org.uk

FREE online cooking and nutrition sessions via zoom for parents with a child under 5. Learn to cook healthy meals for your family and find ways to reduce sugar intake and improve oral and general health. Please contact Jo Howie, jo.howie@edinburghcommunityfood.org.uk 0131 467 7326

Fathers Support – 1:1 help for single fathers of children under 4yrs, needing help with parenting, advocacy and information. For more information call 07909 112 036 or jenifer.hamilton@opfs.org.uk

Children 1st Dads Work Support for Dads and Male carers about raising children with confidence, their mental health and day to day parenting. Contact Niko Tel: 07908 399 944

Dads Rock Free monthly workshops via zoom including Antenatal, First Aid, Feeding, Hairstyle, Sleeping and Raising Children with Confidence workshops for both dads and mums (next block starts Thu eve 13th Jan). New Dads in the Wood outdoor play sessions on alternate Saturday mornings and monthly walks. Dads whatsapp group also available. Email: hello@dadsrock.org.uk Tel: 07807 498709
www.dadsrock.org.uk

Young Dads. Dads Rock offers 1:1 support for Young Dads, aged 30 or under. This support is face to face, and over the phone, with practical as well as emotional support.
Email: hello@dadsrock.org.uk Tel: 07807 498709 www.dadsrock.org.uk

Becoming a dad during the coronavirus pandemic

Father Network Scotland have produced a [leaflet](#) for new dads and dads to be at this time. Visit the Facebook page or www.fathersnetwork.org.uk

TransParentSees Group run by and for parents, carers and guardians of transgender young people. Meets on the 1st Monday of the Month. For more information email TransparenTsees@gmail.com

Ithrive Online space for Mental Health and Wellbeing Information in Edinburgh. Local information on services and support and links to self-help and self-management resources. www.ithriveedinburgh.org.uk

NHS Mental Health Information Station Walpole Hall, Palmerston Place, EH12 5 AW Information on a range of adult mental health supports. Speak with an NHS Mental Health professional at the face to face drop in or Tel: 0131 537 8650 on Thursdays 9.30am-4.30pm. **Open Christmas eve 24th Dec, CLOSED 31st December.** Email: MentalHealthInformation@nhslothian.scot.nhs.uk

Wellbeing Calls- People Know How phone befriending service for adults who may be feeling isolated. From chatting about interests to sharing advice on accessing resources, Wellbeing callers are there to offer a friendly ear. www.peopleknowhow.org/wellbeing-calls

Learn Digital Project- Support for adults to use computers and digital devices to stay connected, navigate the web, complete coursework, find a job online, save money online and more visit People Know How at www.peopleknowhow.org/reconnect/coronavirus

Digital Drop-in with Edinburgh Libraries. Email: getonline@edinburgh.gov.uk to book a 1-1 remote learning sessions.

Circle – The Harbour Project Offers support to children and families affected by parental substance use (alcohol and/or drugs) including parenting, family relationships and practical support. Children can be referred for individual support through a partnership with the Sunflower Garden Project. There is also a dedicated Fathers' Worker. In North West contact Amie Tait. Tel: 07903 248740
Email: amie.tait@circle.scot

Vocal Family Support Addictions Support for parents, friends, partners and other family members who are affected by someone else's drinking and drug use. Email: fsa@vocal.org.uk Tel: 0131 622 6666
CLOSED 24th Dec- 5th Jan 2021 apart from reduced hours on 30th and 31st Dec

Big Hearts Kinship Care Helpline 0131 603 4927 kinship@bighearts.org.uk Advice on parenting peer support and services for Kinship care families Mon-Thu 10am-4pm.

With Kids Play Therapists have produced videos online around Emotional Wellbeing, Regulation, Tips and Strategies for Parents, Self-Care, Relaxation and Activity Ideas. Visit website www.withkids.org.uk Social Media <https://www.facebook.com/withkids/> or <https://twitter.com/withkidsscot>

The Spark- Free Relationship Support and Counselling Free helpline for anyone over 16year experiencing family or couple relationship issues. In response to COVID some free counselling sessions will be available for individuals and couples needing more in-depth support, sessions will be provided by telephone and online. Tel: 0808 802 2088 Mon-Thu 9am-9pm, Fri 9am-4pm. www.thespark.org.uk

Shared Parenting Scotland Online meetings 7-9pm on the first Monday of every month with a family lawyer and family therapist to help separated parents who are not seeing their children or facing other lockdown issues. Tel 0131 557 2440 For more information and advice visit www.sharedparenting.scot

Children 1st Parentline Scotland Free helpline, email and web-chat service offering advice and support for parents and carers. Mon-Fri 9am- 9pm Sat and Sun 9am-12.30pm. **From 24th Dec -4th Jan open each day 10am- 1pm.** Tel: 08000 28 22 33 <https://www.children1st.org.uk/help-for-families/parentline-scotland/>

NSPCC For parenting advice and support, contact trained online helpline counsellors Tel: 0808 800 5000, weekdays 8am to 10pm and **weekends/ public holidays** 9am to 6pm, email help@nspcc.org.uk or visit www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

Lone Parent Helpline-One Parent Families Scotland Free information and advice for single parents. Open Mon-Fri 9.30am-4.00pm Tel: 08088 010323 or email helpline@opfs.org.uk www.opfs.org.uk

Families Outside Support for families affected by imprisonment. Helpline Tel: 0800 253 0088 Webchat www.familiesoutside.org.uk Text: FAMOUT to 60777 Email support@familiesoutside.org.uk Mon-Fri 9am-5pm

Social Care Direct- Children and Families Social Work Request help or advice about a child or vulnerable adult requiring support due to illness, disability or at risk or harm. Tel: 0131 200 2324 Out of Hours 0800 7316969

Scottish Domestic Abuse 24 hr Helpline Support for Women experiencing domestic abuse or forced marriage and their friends and family. Translation facilities available for callers whose first language is not English. Tel: 0800 027 1234 or email helpline@sdafmh.org.uk online chat at www.sdafmh.org.uk

Parent Club The Scottish Government has put together lots of up to date information to help you and your family cope with Coronavirus. Information on returning to school and nursery, changes to restrictions and keeping children safe can be found at <https://www.parentclub.scot/topics/coronavirus>

Parenting Across Scotland website has useful information on the services and helplines available for parents and carers in Scotland and a range of parenting support and advice. www.parentingacrossscotland.org Information for you and your family- Coronavirus www.parentingacrossscotland.org/info-for-families/coronavirus/

EVOC Covid-19 Directory of Services For a list of other support services where you live visit www.evocredbook.org.uk

Additional Support Needs

Firsthand Lothian Matches a worker or volunteer with families who have one or more children under 16 years with additional support needs. Participating in activities and going to places with the child whilst offering parents / carers some regular respite. Currently delivered 1:1 in the local community and remotely via Zoom, What's App and Portals. Tel: 0131 523 1322 and leave a message or email info@firsthand-lothian.org.uk for more information or to make an application visit www.firsthand-lothian.org.uk

Tailor Ed Virtual Support Services offer online group sessions to support children with autism and their families. Online support sessions are available during the Christmas holidays including Weekday Circle Times, Games sessions of interactive and visually supported activities, Fortnightly Quiz Night for parents. For more information or to refer a family to access these events please contact Roo (07518 040 115) or Kate (07980 702 962)

Parent and Carer Information Sessions on Autism Spectrum Disorders (ASD) For parents and carers of children in Edinburgh Local Authority mainstream schools. Sessions will run on Microsoft Teams. The sessions run in blocks of 5 different topics for: Pre School; P1-3; P4-7; P1-7 and Secondary. The next block will run for parents and carers of P1-3 children starting 13th January 9.30-11am. Places can be booked until 18th Dec. P4-7 sessions will start on 23rd Feb 4-5.30pm. For more information or to book call Additional Support for Learning on 0131 469 2850 or email autisminfo@ea.edin.sch.uk during term time.

Lothian Centre for Inclusive Living (LCiL) Peer Support Groups for parents of children with additional support needs are meeting online by Zoom. The next sessions will run on Thu 24th September 11am. Email sds@lothiancil.org.uk

Scottish Autism Right Click Online Support Programme For parents and carers of children and young people on the Autism spectrum, a free online support programme specific to the age of their child. Women and girls specific programme also available. Programmes run for five weeks on a rolling programme. For more information or to register visit www.scottishautism.org/services-support/support-families/online-support-right-click

Scottish Autism Advice Plus Advice Line- Information, advice and support for individuals and families about Autism. Mon, Wed, Thu and Fri 10am-4pm, Tue 10am-7pm. Tel 01259 222 022 call or email advice@scottishautism.org **CLOSED 21st Dec-4th Jan**. Also offering live Question and Answer sessions on Facebook visit www.facebook.com/scottishautism/ **Autism Friendly Relaxation presentation and Q&A** 18th December 12pm. Visit <https://bit.ly/PVFB1812>

Spectrum Music- run by Hear my Music are running specific participant led music sessions for children with complex Autism who have struggled with returning full time to the classroom due to COVID. The sessions will be run remotely initially, then potentially at home then school where appropriate. Instruments and technical support can be provided. For more information email emily@hearmymusic.org.uk or Tel: 07890512824

Occupational Therapy Helpline for parents of children with additional support needs. Offers support and advice around your child's everyday life skills and difficulties experienced during COVID -19 pandemic. Tel: 07866848453 9am-12pm Tue-Fri. No appointment system, may need to wait until phone line becomes free.

Speech and Language Therapy Helpline for parents of children looking for advice or support around their child's talking and communication. Mon- Fri 10am-12pm Pennywell All Care Centre Tel: 0131 286 5036 www.lets-talk.scot.nhs.uk

Boardmaker Boardmaker are offering a 30 free trial of Boardmaker online to support accessible online learning for every child. <https://goboardmaker.com/blogs/news/boardmaker-online-working-from-home#PCS#SLPeeps>

The Action Group- Advice Service Benefits advice and support for families with a disabled child. Tel: 0131 475 2315 Monday to Friday 9am-5pm or email advice@actiongroup.org.uk. Leave a message and an adviser will call back.

Kindred Support for parents and carers of children with complex needs. Assistance with benefits, grant funding for aids and equipment, information and support on statutory care and support being discharged from the Royal Hospital for Sick Kids. Tel 0800 031 5793 or email enquiries@kindred-scotland.org

Whizz-Kidz Scotland Offering online sessions for young wheelchair users and their families. Sessions include coffee and chatter time, dance and movement, Art and crafts and storytelling. Join the [Whizz Kidz Scotland Facebook group](#) for more information or to book.

Salvesen Mindroom Support for parents, carers, professionals and children and young people affected by learning difficulties. Contact available via telephone, emails and video calls. Tel: 0131 370 6730 Email: directhelp@mindroom.org Facebook <https://www.facebook.com/nomindleftbehind/> Twitter <https://twitter.com/MindroomInform> For transition support back to school visit: www.mindroom.org/index.php/help_and_support/resources_for_parents/back_to_school_toolkit

VOCAL Support for Carers Telephone support available for carers, including parents where the caring role of their child requires additional time. Access to information, benefits and counselling. Surviving the Festive Period as a Carer Course Wed 16th Dec 10-11.30am. **CLOSED 24th Dec- 5th Jan 2021 apart from reduced hours on 30th and 31st Dec.** Email: centre@vocal.org.uk Tel: 0131 622 6666 For free courses and events for carers visit www.carerstraining.co.uk/events/

Support for Black and Minority Ethnic Families

Multi-Cultural Family Base (MCFB) Online and telephone support is still being offered to Black and minority ethnic children and families, with some of the groups running remotely. New referrals accepted. Tel 0131 467 7052 Visit www.mcfb.org.uk

Bright Choices Project for women, men, children and families who are experiencing difficult relationships. New referrals accepted. Tel 0131 467 7052 Visit www.mcfb.org.uk or Facebook <https://m.facebook.com/mcultural1>

Equal Access- Health in Mind Online support sessions for people from ethnic minority backgrounds who may face additional cultural and language barriers to accessing mental health support. Weekly Mondays from 12 to 1pm (women support group). Fortnightly Wednesday 12-1.30pm (Asian men), Fortnightly Thursdays 12-1.30pm (men and women), Weekly Fridays 2-3pm- (Stress management and coping skills for women). One to one support may also be available. To register or for further information, please email rahila.khalid@health-in-mind.org.uk or call 07730220109.

Zoom Coffee Morning for Non-English Speaking Families with a child under 5years- run by Homelink. Every 2nd Thursday restarting 7th January 2021. A friendly group to practice your English and meet new families. All levels of English welcome. Contact nadia.a@homelinkfamilysupport.org

Open Arms Services offering support for women from black and minority ethnic communities in Edinburgh, including refugees, asylum seekers and those who have mental health challenges or difficult home situations.

-Sikh Sanjog. One to one support to women and their families through phone, video calls and online groups, including help with accessing benefits, foodbank support etc. Contact **07837 701263** or email info@sikh-sanjog.com Visit www.sikh-sanjog.com or Facebook www.facebook.com/sikh-sanjogedinburgh

-LINKNet Mentoring one to one weekly remote support for women looking to build their confidence and look for opportunities for education, employment and personal development. Contact linknet3@linknetmentoring.com or phone **07957989804**. www.linknetmentoring.com

-ELREC Free online courses and activities for women such as exercise sessions, Yoga class, crafts, skin care and keeping well. Women support group on WhatsApp. In partnership with Health in Mind a Stress and Anxiety management group for women from black and minority ethnic communities runs weekly. For more information email Mitra at mroostami@elrec.org.uk Visit Facebook [Elrec Openarms Mitra](https://www.facebook.com/Elrec-Openarms-Mitra)

-Saheliya Learning session online or by phone including English language, sewing, computer skills, yoga, well-being and exercise. Weekly informal online drop-in session run to help people with employment or to stay in touch, language support provided in Arabic, Urdu, Hindi and Bengali. Email sweetie@saheliya.co.uk or phone **07400617023 (between 10am - 4pm on Mon - Fri)**. Visit www.saheliya.co.uk or Facebook- Saheliya Hub

The Action Group- BEMAS Service Holistic advice and support for parents from BME communities with a disabled child. Tel: 0131 475 2315 Monday to Friday 9am-5pm. Leave a message for Advice or BEMAS and an adviser will call back or email advice@actiongroup.org.uk

Shakti Women's Aid Supporting BME women and children experiencing domestic abuse. Tel 0131 475 2399 email info@shaktiedinburgh.gov.uk Mon-Fri 9am-5pm. Closed 18th May www.shaktiedinburgh.co.uk

Aditi Supports the safety and wellbeing of Black, Asian and Minority Ethnic (BAME) women who have experienced or are currently experiencing domestic abuse or 'honour' based violence. For more information call 0131 603 4865, email aditi@sacro.ork.uk For more information visit www.sacro.org.uk/aditi

Support for Young People

New Web Chat run by Scottish Women's Aid for children and young people who feel scared at home, or who are feeling controlled or hurt in their relationship. Running initially until 31st March. Chat free www.cypwebchat.scot 5-10pm every day.

Granton Youth Youth worker available Mon – Fr 12pm- 4pm on our Facebook page. Individual chats via Zoom, text or phone – PM us on www.facebook.com/grantonyouthcentre or contact paul@grantonyouth.com Virtual Youth Club Fridays 3pm- 4pm on Zoom PM us on Facebook. Individual counselling support via video call, phone or text Email mary@grantonyouth.com

The Junction's Digital Drop-In offers flexible support by phone, text, Zoom or email for young people aged 12-21 years in Edinburgh. A free, confidential, 1-1 chat with a worker for 30-45 minutes to discuss anything on your mind. Email support@the-junction.org or text 07758 348 850 to arrange a suitable time. The waiting list for their **One-to-One Service** is also open which offers both face-to-face and remote support. Visit www.the-junction.org for more information.

People Know How Befriending – support for young people P7-S1 providing a safe, supportive environment. Young people are matched with a befriender to talk, play games, learn, and share stories. Currently running online. www.peopleknowhow.org/befriending **Pupils Know How - Groups** for young people P7-S1 on themes ranging from art, science, drama or solving riddles and mysteries! Currently running online. Find out more at www.peopleknowhow.org/pupils-know-how

Multicultural Family Base (MCFB) Groups for BAME children and young people and their family. Including 4-2-7, Junior Groupwork (P4-P7) and 4 Corners (P6-S3)

-YOLO Group (S1-S6) For Black, Asian, Minority Ethnic Young women and girls who are also Young Carers meeting weekly mostly on-line with some additional meet up's (open to referrals)

-MOSAIC Emotional Wellbeing support for BAME young people (S1-6 in North Edinburgh) experiencing stress and anxiety. Currently meeting weekly. Run by MCFB and The Junction.

For more information on any groups or to make a referral Tel 0131 467 7052 Visit www.mcfb.org.uk

HOT (Health Opportunities Team) HOT Online Drop-ins-safe and confidential space for young people to have a chat with a HOT worker. Information and advice about all aspects of your **well-being, emotional and sexual health**. Drop ins run on Mon, Wed and Thurs from 4pm – 6pm over phone, text or email. Email: getsupport@health-opportunities.org.uk Phone or Text: using the weekly number on HOT social media accounts. **Drop-ins will be closed 24th Dec- 5th Jan**. The drop-in service will end by March 2021.

6VT staff are supporting young people via messenger, email contact@6vt.info, facebook, twitter, instagram or contact through the website www.6vt.info. Online drop ins for 13-21years olds every Mon, Wed, Fri 7pm.

Conflict Resolution Sessions Free online sessions giving young people 16-25 years who may be struggling with conflict at home, advice and support. Conflict Resolution – Conflict Response Styles 19th January 11-11.40am, Anxious and Afraid exploring anxiety and stress 28th Jan, 2-2.40pm. For more information and to book visit <https://scottishconflictresolution.org.uk/events> For useful resources on conflict visit www.scottishconflictresolution.org.uk

Impact Arts- Cashback Nights Free weekly 1:1 and group creative workshops for 14-19year olds, including Visual Art, Music, Creative Writing, Digital Arts and more. Participants will be supported by a fully trained artists, as well as a youth worker and will focus on well-being as well as creative fun. For more information Email: hello@impactarts.co.uk Call: 07813 341 074

Talking to Teens about Smoking – A guide for Parents and Carers produced by ASH www.ashscotland.org.uk/carers

Circle - Harbour Young Persons Service Support for young people in NW Edinburgh, aged 12-18 who are using/at risk of using substances. Contact Coral Donaldson to refer. Tel: 07703 321425
Email coral.donaldson@circle.scot

Sunflower Gardens Therapeutic work with children 5-18years affected by drug or alcohol use in their family. Offering a mixture of distance counselling, phone support and face to face appointments. Referral accepted from parents or professionals. Email sunflower@crossreach.org.uk Visit <https://www.simpson-house.org/sunflowergarden.htm> for more information.

Edinburgh Guarantee Help to find a job, apprenticeship or training programme when you leave school. To see the latest opportunities in the Bulletin visit <https://www.edinburghguarantee.org/parents-and-teachers.html>

Screen Education Edinburgh Film Academy Craft Skills Course for 16-19 year olds looking to find out more about the film and a career in the industry. 13th Feb – 20th March. Support with travel costs may be available. For more information visit <https://www.screen-ed.org/bfi-film-academy-craft-skills>

The Prince's Trust works with Young People aged 16-30. Offers support and sessions in employability, self-employment and personal and social development. Each young person will have a keyworker that will work with them on areas such as goal setting and support them through their journey. <https://www.princes-trust.org.uk/help-for-young-people/programmes>

Stop Breathe Think Free Virtual Mental Health Service for Young People under 21years run by Snow Camp. Text 85258 free for confidential support available 24hrs or for Free 1-1 counselling sessions visit <https://www.snow-camp.org.uk/stopbreathethink/>. Parents or professionals can also refer a young person for support.

Penumbra Self Harm Project Support and advice to parent and carers who are concerned about their child over the phone, by email or video call. Contact: Samantha.harrison@penumbra.org.uk
There is a slight waiting list for support to individuals over 16 years who self-harm but please contact selfharm.edinburgh@penumbra.org for more information.

Young Minds Support for children and young people's mental health and emotional wellbeing. www.youngminds.org.uk Young people experiencing a mental health crisis needing urgent help can contact the Young Minds Crisis Messenger by texting 85258, this is available 24 hours a day, every day. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
Free helpline for parents and carers: 0808 802 5544 or email parents@youngminds.org.uk

Childline Help and advice on a wide range of issues www.childline.org.uk FREE Helpline Tel: 0800 1111
Mind Yer Time Website New website developed by the Children's Parliament and Scottish Youth Parliament. Positive tips, stories and information for children and young people to help use screen time positively. www.mindyertime.scot

Gambling and Young People- Fast Forward Advice and information booklet for parents and carers on gambling and young people www.fastforward.org.uk/advice-for-parents

Family Activities

Saturday Activity Groups for Single Parents and Children – Each Saturday morning (currently via Zoom). For more info call 07814078139 or tom.carroll@opfs.org.uk

The Play Well Project 11 Activity cards to help parents and carers to support their child's health wellbeing and learning through play www.playscotland.org/play-well-project/

VASS- Virtual Active Schools Sessions Free, Accessible sessions online starting Fri 1st Jan weekdays at 4pm, take part at home with family or by yourself at [Active Schools Edinburgh YouTube Channel](https://www.youtube.com/channel/UC...)

Families Magazine Online Free online magazine with lots of family activity ideas and information and advice for parents and carers. Visit <https://www.familiesonline.co.uk/families-magazines/families-edinburgh-magazine>

People - Peep Learning Together supporting babies and children to play and learn together. Visit our [Facebook](#) or [Instagram](#) pages to see "rainbow Peep". Posts on Peep tips and some ideas and activities to at home. www.facebook.com/peepcentre/ www.instagram.com/peepcentre/

Stepping Stones Outdoor Peep sessions run locally every Thursday morning; parents of any age welcome with under 5's For more info visit www.steppingstonesnorthedinburgh.co.uk or <https://twitter.com/SSNorthEd>

Ps and Gs Online Activities for Parents and Babies and Toddlers Videos of nursery rhymes and stories from the St Paul's and St George's Church children's team. Links to family activities and online resources. Visit www.psandgs.org.uk/childrens-resources

North Edinburgh Arts A new programme of online activities for children and adults to enjoy at home. Visit their Facebook page or www.northedinburgharts.co.uk/online-activities/

National Museum of Scotland Chambers Street free for all ages and open during the festive period. Families must book online and once you are in you can stay as long as you like and pick up a special winter trail during your visit. Find out about the Christmas art challenge and on line activity for adults, young people and children <https://www.nms.ac.uk/museumartchallenge> Opening hours 10am -4.30pm Monday to Sunday and on Boxing day and January 1st open 12- 4.30pm. <https://www.nms.ac.uk/reopening/>

Children & Young People at Edinburgh Libraries Facebook Page with lots of fun family activities www.facebook.com/CYPatEdinburghLibraries/ Also shared on your local library Facebook page <https://www.facebook.com/PortobelloLibrary>

Library Online Memberships If you are not already a member, join your local library for free and access magazines and newspapers online, download ebook, audiobooks and learning resources www.yourlibrary.edinburgh.gov.uk

Children's Art Around You from National Galleries Scotland Art activities designed for children of all ages to look at, talk about and make their own discoveries about art. <https://www.nationalgalleries.org/art-and-artists/features/art-around-you>

The Night Before Christmas- A magical Christmas concert Royal Scottish National Orchestra and Children's Classic Concerts- to watch available until 10th January 2021 <https://www.youtube.com/watch?v=RPiaYxrAJ0Q>

Edinburgh Buggy Walks Friendly Free walks all over the city. Visit the Facebook Page or Meet Up page <http://meetu.ps/c/2KbDL/Fcr1P/d>

Edinburgh Zoo Watch the animals on live webcams <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Active Schools Active at Home ideas for children and young people <https://www.joininedinburgh.org/sports/active-schools/activeathome/>

Starcatchers Wee Inspirations idea cards for parents at home with young children. Fun, creative ideas to engage little ones without a lot of resources, stress, and no pressure to 'achieve' anything. www.starcatchers.org.uk/wee-inspirations/?fbclid=IwAR1GwYIbHVHmQVVaj0IdzL26h0Su969m-0ap2Kai-JxkwccufhOzID2p03k

Financial and Employability Support and Advice

The Scottish Child Payment New payment for low income families with children under 6years. Payments of £10 per child, per week starting in February <https://www.mygov.scot/scottish-child-payment/how-it-works/>
Best Start Grant School Age Payment £250 help for eligible families with the cost of starting school. For children born between 1 March 2015 and 29 Feb 2016 apply between 1 June and 28 Feb 2021. (even if deferring entry) Also available, and Best Start Foods.

Early Learning Payment £250 help for eligible families with a child between 2 and 3 1/2 years

Pregnancy and Baby Payment £600 for first child or £300 help for eligible families with cost of pregnancy or having a new child.

Food Payment £17 every four weeks for eligible families during pregnancy and for every child under three to spend on healthy foods.

To find out the support you may be eligible for visit www.mygov.scot/beststart

Or call 0800 182 2222

Community Help and Advice Initiative (CHAI) CHAI is currently offering a telephone consultation service.

To book a telephone appointment call 0131 442 2100 or email chai@chaiedinburgh.org.uk

Employability and Digital Skills Course- One Parent Families Scotland Online support for single parents in Edinburgh. Ongoing, with next course starting in January. To book or for more information email stacey.powchscott@opfs.org.uk Tel 07570106789 or visit the Facebook page.

Progress for Parents A free employability service for parents of a child or person with a disability. Support finding employment or securing better working conditions around caring responsibilities. For more information contact Beth Stanners, email bs1@enable.org.uk Tel: 07889456192 www.enableworks.org.uk

Warm Homes Discount Scottish Power, E.ON and Npower are accepting applications for the warm home discount, providing support towards your winter electricity bill. If your annual income is less than £16,190 per year, contact your supplier to check if they are part of the scheme and ask to make an application.

Ps and Gs Baby Bank Support for new and expectant parents, particularly those in financial difficulty. Provides a Starter Pack of essentials for mum and baby and provides information and support. Email Rachel children@psandgs.org.uk Open Thursdays 2-4pm for collection of packs.

Family and Household Support can offer support and advice with family relationships, parenting, mental health and well-being, employment and learning, housing options and neighbour disputes. Help with accessing food banks, debt, budgeting, welfare benefits, applying for grants, funding or furniture. Email: northwest.familyandhouseholdsupport@edinburgh.gov.uk Tel: 0131 529 5014.

Maximise Families who have a child who attends school at Craigoyston CHS, Craigoyston, Pirniehall and Forthview Primaries can receive free welfare and benefit advice or family support. Tel: 0131 442 2100 or 0131 446 2300. You can also receive this support if you are a parent/carer with care experience by calling 0131 442 2100/ 0131 446 2300.

Granton Parish Church, Swap Shop 55 Boswall Parkway. Referrals accepted for anyone struggling with clothes. Can arrange a day/ time when an individual would be allowed to come and pick what they need. A selection of baby, children and adult clothes available. Being able to swap items is not necessary and everything is free. For more information email anna@grantongoesgreener.org.uk

The Hope Centre Practical support available for families offering a range of clothing, toiletries, milk, baby food, cribs, cots and buggies. Also provides a safe space to talk for those who have gone through miscarriage, stillbirth or child loss or who finds themselves unintentionally pregnant, considering or needs support following an abortion. Please contact hopecentre@destinyedinburgh.com

The Advice Shop Tel 0131 200 2360 anytime Mon-Fri and leave a message. A return call will be made within 2 hours or email advice.shop@edinburgh.gov.uk

Citizens Advice Edinburgh Online advice and support at <https://www.citizensadviceedinburgh.org.uk/get-advice> or Tel 0131 510 5510

Digital Device Support – For single parents struggling with lack of a device or connectivity at home. Ongoing support to improve confidence and skills. for more information email stacey.powchscott@opfs.org.uk Tel 07570106789 or visit the Facebook page.

People Know How- Computer Delivery project to provide refurbished computers and devices to those who need help staying connected in Edinburgh. Those who are self-isolating, home-schooling, on low income or would benefit for any other reason are eligible to apply. For more information please email computer.delivery@peopleknowhow.org

Float Trust Small grants to help with essential costs for people in need, who have been refused a Crisis Grant. Bus tickets can be provided to organisations to help clients access essential services such as attending appointments, interviews, attending support groups. Referral should be made by a professional. www.float.scot/

Changeworks Accepts referrals from professionals for people who will benefit from energy advice and fuel billing/debt support. For more information visit www.changeworks.org.uk/what-we-do/energy-and-fuel-poverty/fuel-poverty-services/refer-clients-to-fuel-poverty-services

Energy Saving Trust If you're worried about your energy bills or struggling call **0808 808 2282** calls are free Monday to Friday 8am to 8pm, Saturday 9am to 5pm. Or request a call back on the website: www.energysavingtrust.org.uk/scotland/home-energy-scotland/lets-talk

Red Cross Hardship fund for individuals and families, can offer support with food and toiletries, somewhere to sleep, access to a phone or the internet, fuel to cook, keep lights on or stay warm. If you or someone you support is experiencing money problems call the Coronavirus Support line for free on 0808 196 3651

TURN2US Edinburgh Trust Response Fund Relating to COVID-19

For people who have lost their income as a result of the Coronavirus and are struggling financially may be eligible for a one-off crisis grant towards essential living expenses. For more information on eligibility and how to apply visit <https://www.turn2us.org.uk/Edinburgh-Trust-Response-Fund-for-Covid-19>

All in Edinburgh Remote employability and welfare support for people (over 16years) with disabilities or long-term health conditions. Tel: 0300 0200 101 email info@allinedinburgh.org.uk

Community Food

Empty Kitchens Full Hearts Meal Packs delivered. Hot food served daily at Leith Theatre, 28-30 Ferry Road, Leith, EH6 4AE, 12-1pm and 4.30-5.30pm. If you or someone you know is struggling with safe access to food email hello@emptykitchen.co.uk or call 07895347157 for more information. Open throughout the festive period on 25th and 26th Dec hot food will be served between 1-3pm.

ASDA Kids Eats Free – A range of free hot and cooked meals are available in all Asda Cafes throughout December for children under 16years. No adult meal needs to be purchased. Tier 2 can eat in, Tier 3 is takeaway.

Granton Hub Community Pantry provides free provision of fresh food. The next pantry dates are Tuesday 22nd December and Wednesday January 6th 11am -12pm. For any more information contact community@grantonhub.org

Bonnie Burrito 82 South Clerk Street, Opening Christmas Day 12-2pm offering free food to those in need

Destiny Angels (part of Destiny Church) Run by volunteers-Befriending phone calls, emergency food parcels. Email angels@destinyedinburgh.com or phone 0131 555 2707 for more info.

The Food Bank Project, World Care Foundation. Anyone on a low income, or generally struggling at the moment, can request a food parcel to be delivered to their address. The food parcel consists of dried goods. Please call 07971198658 or 07763612663.

Foodbanks are able to provide emergency food for anyone in crisis, who cannot afford food. A referral and a foodbank voucher are needed from a support worker or GP surgery. For information contact The Foodbank on 0131 444 0030 or Social Care Direct on 0131 200 2324/ Out of Hours 0800 731 6969. For up to date information on the Foodbanks currently operating Tel: 0131 444 0030 or visit www.edinburghne.foodbank.org.uk/locations or Edinburgh North West Foodbank Facebook page or <https://edinburghfoodproject.org/locations/>

Anyone struggling to access a Foodbank referral can contact The Scottish Welfare Fund, who will check if you are eligible for a crisis grants within 24hours or issue a foodbank voucher. Tel: 0131 529 5299 Email: welfarefundteam@edinburgh.gov.uk Applicants should highlight if they are in social isolation or shielding.

Foodbanks:

Clermiston, St Andrew's Church, Clermiston View EH4 7BS. Open Tues and Thursday 1pm - 3pm (Formally known as Rannoch Foodbank)

Pilton, Boswall Parkway, EH5 2JQ. Open Monday and Wednesday 1pm -3pm and Friday 10am – 12noon
Closed from 25th Dec – 1st January

South Queensferry, The Priory Church, Hopetoun Rd, SQ EH30 9RA Open Thursday 11am – 3pm

Helplines for vulnerable and high-risk people during COVID-19

If you do not have support from family, friends or community organisations and are in need of food or medicine delivery please contact City of Edinburgh Council 0131 200 2306 Mon-Thu 8.30am-5pm, Fri 8.30-3.40pm or email edinburghvulnerable@edinburgh.gov.uk or Contact the Scottish Government 0800 111 4000 Mon-Fri 9am-5pm.

If you have any information to add to the *Support for Families in NW Edinburgh* list or if any information in this list is incorrect please email supportingparentsandcarers@edinburgh.gov.uk

Coronavirus
Covid-19

For latest updates on council services visit

www.edinburgh.gov.uk/coronavirus

